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SIGNIFICANCE OF YOGA AS A METHOD OF PHYSICAL REHABILITATION

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ABSTRACT

Today, the issue of finding optimal rehabilitation methods with the high efficiency and the least number of complications and side effects is actual. One of these methods is yoga. Yoga is called an unique system of healing the body. It allows to find inner harmony and improve the functioning of all organs. Yoga philosophy helps to get rid of bad habits and join a healthy lifestyle.

Keywords: yoga, physical rehabilitation, health systems, autotraining.

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ЗНАЧЕНИЕ ЙОГИ КАК МЕТОДА ФИЗИЧЕСКОЙ РЕАБИЛИТАЦИИ

АННОТАЦИЯ

На сегодняшний день актуален вопрос поиска оптимальных методов реабилитации с высокой эффективностью и наименьшим количеством осложнений и побочных эффектов. Одним из таких методов является йога. Йогу называют уникальной системой оздоровления организма. Она позволяет обрести внутреннюю гармонию и улучшить работу всех органов. Философия йоги помогает избавиться от вредных привычек и приобщиться к здоровому образу жизни.

Ключевые слова: йога, физическая реабилитация, системы оздоровления, аутотренинг.

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YOGANING JISMONIY REABILITATSIYA USULI SIFATIDA AHAMIYATI

ANNOTATSIYA

Bugungi kunda yuqori samarador, eng kam asoratlanadigan va nojo'ya ta'sir ko'rsatmaydigan optimal rehabilitatsiya usullarini topish masalasi dolzarb hisoblanadi. Ushbu usullardan biri yogadir. Yogani tananing noyob sog'lomlashtiruvchi tizimi deb atash mumkin. Yoga ichki uyg'unlikni topishga va barcha organlar ishini yaxshilashga imkon beradi. Yoga falsafasi yomon odatlardan xalos bo'lishga va sog'lom turmush tarziga qo'shilishga yordam beradi.

Kalit so'zlar: yoga, jismoniy rehabilitatsiya, sog'lomlashtirish tizimlari, autotrening.

Yoga (dev. योग, lit: yoke) is a concept in Indian culture, in a broad sense, meaning a set of various spiritual, mental and physical practices developed in different directions of Hinduism and Buddhism and aimed at managing the mental and physiological functions of the body in order to achieve an exalted individual spiritual and mental state.

Yoga can be recommended as an effective means of psychophysical recreation and recovery, as well as a system of harmonious development of the individual [3,7]. This system is based on the methods of conscious awakening of the body, it contains harmonious and gentle ways to restore health, which was violated under the pressure of negative physical and psychological situations [1,5,6,10].

Having originated in ancient times in the East, yoga has gradually been adapted and adapted to the lifestyle of a modern person and has since very quickly gained popularity in sports and recreation centers [1,3].

Since ancient times, yoga has been used as a remedy for all diseases and various dysfunctions of the body. At the same time, yoga is considered an unconventional method of healing, since this system originated in ancient India as a means of human self-improvement. However, this healing system has long ceased to be a feature of only Indian culture. Proven by thousands of years of experience, it has become one of the most popular and beloved health systems in many countries around the world [3,7].

Not only in the countries of the East, but throughout the civilized world, there is an idea that, in comparison with the traditional European ways of healing, the "Yoga" system refers to a more active and comprehensive, directed and effective way to mobilize the processes of adaptation and regulation, compensation and recovery without the use of drugs. means and, most importantly, through the individual's own efforts. Indian scientists have found that in a state of relaxation, endorphins and enkephalins are released, hormones produced by brain cells that have a pronounced analgesic, calming, mood-optimizing effect and strictly selectively regulate the activity of any functional systems of the body [1,2,5,6]. The main provisions of the "Yoga" system are explained from the standpoint of the foundations of domestic physiology - Pavlov's teachings on higher nervous activity, Anokhin's teachings on functional systems.

The practice of yoga is suitable for everyone, from the smallest to the elderly, as yoga is the most gentle type of physical activity and everyone can do it, regardless of the degree of physical fitness [1,2].

Yoga is not just a set of physical exercises, it, in essence, is a whole complex science of self-improvement of both the soul and the body of a person [1].

At the heart of the teachings of yogis, which also provides for the implementation of a set of physical exercises, control over breathing, adherence to food hygiene, as well as relevant ethical

standards, are two concepts - "purification" and "improvement". Yu.A. Merzlyakov (1994) believes that yoga is a way of life leading to physical health, mental balance, a calm and kind view of the world around [7,11]. Yoga is not a frozen teaching, it is dynamic and in its modern incarnation is increasingly moving away from religious and mystical interpretations and is approaching purely practical goals. It is not intended for some narrow circle of people, the practical knowledge of yogis does not mean that a person should become a hermit and live alone in the mountains. This is the most ordinary person living a normal life. For yoga, social status does not matter. Any science, in essence, is infinite, it has its own basics, fundamental principles. This also applies to yoga. Whoever wants to reach the heights of this teaching should be aware of the state of his health, consult doctors and study under the guidance of experienced yoga teachers [4,8,11].

Thousand-year traditions of Indian philosophy, originating from the 15th-10th centuries. BC, preserved to this day, arose on the basis of the most ancient human civilization. In the Vedic period (from the 15th-6th centuries BC), four sacred books of Indian sages appeared, which were called "Rigveda", "Atharvaveda", "Samaveda" and "Yajurveda", united by the common name of the Vedas. Commentaries on the Vedas are called Upanishads. They contributed to the development of philosophical thought in India by creating schools, one of which is the yoga system. Thus, yoga is one of the classical systems of Indian philosophy [1,2,7].

The founder of the study of yoga is the ancient Indian sage Patanjali, who lived in the II-I centuries. BC. Patanjali singled out yoga as an independent system on the basis of the already existing experience of practicing individual yogis. He was the first to make a written description of yoga. Patanjali expounds the philosophy and practice of classical yoga in his 185 aphorisms, called "Yoga Sutras" and explaining the essence and purpose of yoga. Like all Indian authors, Patanjali does not give a personal philosophical system, but only collects oral data that have come down to him from time immemorial, and comments on them in the spirit of his unified philosophy. The philosophical interpretation of yoga practice in the Yoga Sutras is consistent with the authority of the Vedas, since terminology is taken entirely from them. This is precisely the reason for classifying yoga as one of the six orthodox systems, although in its essence it differs from them in its practical orientation. Therefore, the inner meaning of this philosophy, which is the fruit of practical development, can only be understood with its help [2,4,7].

For various reasons, the ancient sages who owned the practical exercises of the yoga system avoided its popularization and this led to the mystification of this ancient study. At present, the need to study the yoga system is obvious, which, however, requires parallel scientific research. It should be remembered that there are many misinterpretations of the yoga system by unscrupulous interpreters and authors of yoga literature. The criterion of true yoga should be only practice.

The Sanskrit word "yoga", related to the Russian "yoke", in translation means "to bind", "to connect", "to fasten", i.e. yoga - literally means "connection". Yoga is a voluntary strong connection with the higher, agreeing to which, a person enters into a relationship with himself. This is a method of working with the body, breath and consciousness, constantly studying and changing oneself for a good purpose. At present, Yoga can be considered as a holistic system aimed at achieving the psycho-physiological integration of a person. Yoga first improves the body. Performing yoga postures (asanas), a person acquires physical and mental health and strength. Further, he learns to control emotions, control the fluctuations of the mind and achieve a state of balance and self-control. This helps to successfully overcome difficulties, cultivate satisfaction with fate and significantly improve the quality of life [4,7].

Unlike European systems of health-improving physical culture, which provide stimulation of body functions due almost exclusively to the mechanism of training, yoga realizes its health-improving effect through the complex use of many physiological and mental mechanisms. Unlike other physical exercises that are dynamic in nature, yoga gymnastics focuses on the static maintenance of postures. Their implementation requires meaningful movements, a calm rhythm and exerts a moderate load on the body. All movements are performed slowly and smoothly. Another important feature of yoga is the combination of physical exercises with relaxation and breathing

exercises. Therefore, unlike ordinary physical exercises, yoga does not cause a feeling of fatigue. Yoga is a balance between tension and relaxation [10,11,12].

Yoga exercises involve rather deep layers of muscles of the body, which are not affected by traditional training. In addition to just physical, during yoga training, a mental load is also performed, since at the same time you need to monitor the state of the whole body, all body systems, maintaining balance and symmetry, and then move the focus of your attention from one part of the body to another while holding the posture. Some muscles tighten when holding a particular posture, while other muscles must relax, including the muscles of the face [2,13,14,15].

In the process of performing yoga exercises, breathing is an integral and perhaps the most important component of the process. At first glance, the combination of exercises with breathing may seem insignificant, but gradually comes the realization of a significant difference between traditional exercise and yoga exercises using proper breathing.

Yoga is a unique system that allows you to regulate not only the work of the physical body, but also the work of the emotional-volitional sphere and consciousness in general. However, this result can only be achieved under certain conditions.

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